

Healthy on the Run Smoothie

Ingredients:

- 1 1/2 cups fat free milk
- 2 tablespoons fat free chocolate syrup
- 1 banana cut into 8 pieces
- 1/4 cup unsweetened applesauce
- 1/4 cup quick oats
- 1-2 ice cubes

Directions:

1. Put all ingredients into blender container.
2. Cover blender container with lid.
3. Blend ingredients for 1 minute.
4. Serve immediately.

(Serves 1)

Nutrition Information Per Serving:

Calories, 441; carbohydrate, 92 g; protein, 17 g; fat, 3 g; saturated fat, 0 g; cholesterol, 7 mg; fiber, 6 g; sodium, 218 mg; percent calories from fat, 5%.

Source: USDA's Food Stamp Program.

